Reviewer’s report

**Title:** Effects of Aerobic and Resistance Exercises on Circulating Apelin-12 and Apelin-36 Concentrations in Obese Middle-Aged Women: A Randomized Controlled Trial

**Version:** 0 **Date:** 18 Nov 2018

**Reviewer:** Zuzanna Goluch

**Reviewer's report:**

Comments:

**TITLE:** correct, corresponds to the work content.

**ABSTRACTS:** correct.

**KEYWORDS:** correct.

**BACKGROUND:**

* line 76 diabetes type 1 or 2?
* line 97 explain abbreviation ACSM.
* line 102 explain abbreviation HR max.
* line 103 explain abbreviation 1 RM.

**OBJECTIVES:** they were properly established and were fulfilled.

**MATERIALS AND METHODS**

* Materials as well as statistical methods applied are described correctly.
* The authors did not explain in what conditions the anthropometric measurements, necessary for body composition estimates with the use of bioelectrical impedance analysis (BIA), were made.
* Were anthropometric measurements and body composition estimates were done in the morning?
* There was no information given in what places were the measures of waist circumference taken? Was it half distance between the inferior margin of costal arch and upper crest of iliac bone or was it another.
* There was no information given as to which reference values (literary source) was the source of classifying the measurements of waist circumference and BMI.
* Were the patients prepared for measurements (on an empty stomach, after urination and defecation)? Did they do any stretching exercises? Were they administered any diuretic medicine or/and liquids including caffeine 24 hours before the body composition estimates? This information has to be included so that the reader does not doubt the reliability of the performed measurements and the results of the body composition estimates.
* Moreover, please add information that the body composition estimate with bioelectrical
impedance analysis (BIA) was made on Inbody720 apparatus in a tetrapolar setting.

RESULTS
* Properly and readably written.
* Internationally accepted rules and the international system of units (SI) should be used in Table 4.

DISCUSSION:
* Factual discussion, but the Authors should more broadly refer to the results (value) of other researchers who have done similar experiments.

CONCLUSION:
* Lines 283-309 are not specific conclusions but summary. The only conclusions a reader might find are suggested in the abstract.

REFERENCES:
* 93.6% of literature comes from the last decade.
* According to publisher's requirements identifier DOI should be given in the reference list.

TABLES:
* Are readable and well marked.

Are the methods appropriate and well described?
If not, please specify what is required in your comments to the authors.

No

Does the work include the necessary controls?
If not, please specify which controls are required in your comments to the authors.

Yes

Are the conclusions drawn adequately supported by the data shown?
If not, please explain in your comments to the authors.

Yes

Are you able to assess any statistics in the manuscript or would you recommend an additional statistical review?
If an additional statistical review is recommended, please specify what aspects require further assessment in your comments to the editors.

I am able to assess the statistics
Quality of written English
Please indicate the quality of language in the manuscript:

Acceptable

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